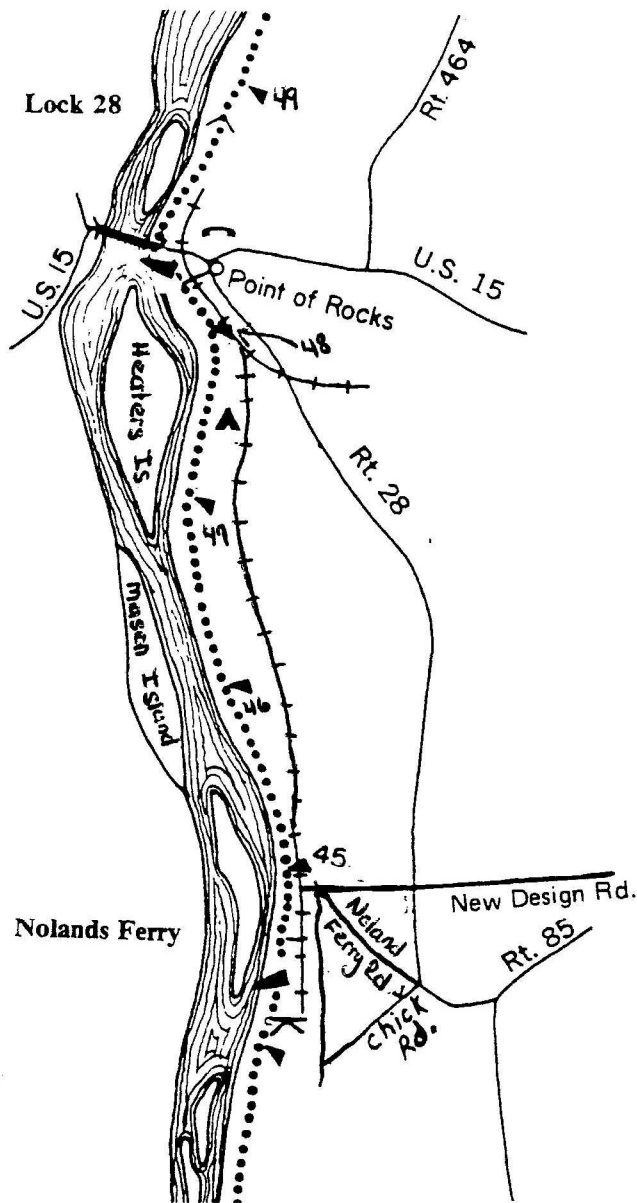


C & O CANAL - NOLANDS FERRY TO POINT OF ROCKS



In January I decided to head back down to the C & O Canal and hike from Noland's Ferry to Point of Rocks. This hike is seven miles round trip. The C & O Canal is beautiful any time of year and offers a nice flat walking area where strollers can be pushed easily.

It is easy to tell where you are on the tow path of the C & O Canal because of the mileage markers maintained by the National Park Service. Around the 47 mile marker, start looking across the canal and railroad tracks for rock outcroppings. These rocks are called Calico Rocks because of the many multicolored pebbles found in the rock formation. When they are wet, you can see many different colors.

Kanawha Springs is between the 46 and 47 mile marker. During 1871, the peak year of business for the canal, 540 boats were traveling the five-day trip between Cumberland and Georgetown. The boats traveled four miles per hour and were pulled by mules. The mules worked in teams. Each team worked six hours, then switched and rode six hours. Kanawha Springs was a watering place for the mules.

Heater Island was once the home of the Conoy tribe, part of the Piscataway Indians. Now the Island is a Wildlife Management Area.

LEGEND

- C & O Canal and towpath.
- ▲ 5 Mileage marker, starting at 0 miles in Georgetown.
- ∧ A lift lock.
- ✕ Picnic area.
- ▲ Overnight camp.
- ≡ Aqueduct over a Potomac tributary.
- ☎ Telephone
- ▢ Boat Ramp